



## GIRLS CAN

CAMP RESOURCE FOR PATHFINDERS & RANGERS  
(Adaptable for all ages)

FROM THE BC CAMPING COMMITTEE

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## INTRODUCTION

**History:** *Girls Can* started as a Monashee Guider and Ranger unit's idea to teach girls about the various opportunities open to them in the trades. We have expanded this to include a wide variety of employment opportunities and life skills for young women.

**Purpose:** Although much has been done to make girls more aware of alternate employment opportunities, many girls are still un-familiar with or intimidated by what was once considered male positions. This may vary from community to community. *Girls Can* is a resource to help organize a camp or overnight to help facilitate educating girls about these opportunities.

Although this resource is geared to Pathfinders and Rangers it can be adjusted for any branch within Guiding. **Sparks, Embers and Guides also CAN!**

In this package, you will find the planning timeline, and a variety of suggestions for running the program for this camp. As well, there is a suggested agenda, kit list, and evaluation. Please remember to be flexible as planning will very much depend on your chosen program.

Remember to use the most recent [Safe Guide forms](#) and to have them assessed as appropriate. Be sure to inform your Camping Advisor and District Commissioner of your camping plans, and draw on the resources available to you within your district (Camping, Music, Program Advisers, local trainers, etc.).

Crests order forms are available on the BC Girl Guides website (<https://www.girlguides.ca/WEB/BC/>), and crests are \$1.00 each for units from BC. There is also an evaluation form at the end of this package, and we would love to hear feedback from you regarding this camp. We love receiving pictures, so please send photos from camp (making sure that everyone in them has image releases in iMIS) and feedback to the BC Camping Committee at [bc-camping@girlguides.ca](mailto:bc-camping@girlguides.ca).

In this camp, as in every camp, a vast amount of material has been covered and learning has happened. Please, be sure you are adding activities completed to the girl's Girls First program.

The BC Camping Committee has two rules in addition to Safe Guide that we ask you follow at each and every camp:

1. Be a No Trace Camper – Take only pictures, leave only footprints
2. Have FUN!!

## SUGGESTED TIMELINE

10 weeks prior

- Begin event plans with the girls
- Contact the outside resources you would like to use or visit to make arrangements

6 weeks prior

- Confirm recourse available

3 weeks prior

- Prepare Safe Guide forms
- Confirm number of attendees
- Girls create Kit List, Arrival Times, Emergency Contact person's name and information
- Send Order Form to BC Girl Guides for the Girls Can Crests

2 weeks prior.

- Send all necessary Safe Guide forms to an assessor
- Forward participants' list and contact information to the Emergency Contact Person
- Give final information, number of attendees and schedule to the outside resources

1 week after

- Complete the finances of the event (GST forms), and send to appropriate person
- Complete the evaluation
- Send a quick informational note and a few pictures to BC Camping Committee

## PROGRAM IDEAS:

**(Many of these activities require trained personnel. Be sure all Safe Guide requirements are complete)**

As the overall program is designed to explore "alternate" employment and life skills opportunities, encourage the girls to think outside the box and actively participate in as many activities as they can. Decide whether the girls will visit a resource site or have the qualified resource person come to your site. Many of these activities could be done during an "awake over" where girls visit sites throughout the night. We suggest that as many hands on opportunities as possible be available and, where possible, have female resource people. The object is for the girls to learn about and try new things. **The following are suggestions and are meant to start the girls thinking about all they can do!**

- do an oil change, change a tire, use jumper cables and do regular car maintenance
- unplug a sink drain and adjust the toilet tank float
- cut a small log with a chainsaw
- explore the various different light bulbs and fixtures. Learn about breaker boxes, where they are located and how to tell if a breaker connection has blown
- try spot welding with correct safety gear and instruction
- using power tools build something from wood i.e. Birdhouse, flower box
- learn about small engine repair and maintenance
- visit a machine shop and try out or learn about some of the equipment used
- find out what course(s) are needed to become a heavy equipment, forklift or transport vehicle operator. Let the girls sit in a semi transport truck. If possible take a ride.
- invite a Search and Rescue person to show the girls the equipment used by Search and Rescue. Try some out
- dress in firefighting gear and do some of the required exercises for a Fire Fighter (city and forest fire)
- investigate how to become a police officer. Try on some of the gear i.e. safety vest, hand cuffs, or make a copy of your finger prints
- explore robotics, technology, and coding
- investigate the different types of Engineering
- visit an animal hospital and talk to the vet to see what they had to do to become a vet
- investigate how many doctors in your community are women and what are their roles i.e. surgeon, GP, specialists
- with the help of a lawyer hold a mock trial

## HELPFUL LINKS

- Women in Science and Engineering (WISE)  
<http://wise.ok.ubc.ca/>
- Women in Trades  
<http://www.itabc.ca/women-trades/overview>
- Minerva Foundation  
<https://theminervafoundation.com/>
- APEG BC The Association of Professional Engineers and Geoscientists of BC (APEG BC)  
<https://www.apeg.bc.ca/>

## PROGRAM TIPS:

The number of girls at your **Girls Can** camp will greatly determine how you present your activities. Small groups are best for hands on activities. With larger numbers you may need to consider:

- a round robin of activities or
- a selection of activities where girls sign up for and are assigned to activities prior to the event.

If you require a prior assignment or round robin of activities, consider the following:

### Round Robin

- For round robin activities be sure girls have the opportunity to visit each station
- Select the time for each station. Build time to move from station to station into your program.
- The girls may be responsible for learning about the activity they have chosen and creating a presentation that becomes part of any round robin stations. This can be done through posters or displays of art, etc.

### Pre-selected activities

- Ask the girls to list their choices in order of preference.
- Restrictions can be applied such as excluding some of the activities to only a few girls
- As always, be sure all Safe Guide requirements are met. (i.e. ratio supervision, paperwork, first aid, etc.)

For large events you may need Core staff.

The following suggested agenda will also vary depending on numbers.

## SUGGESTED AGENDA

This agenda is not meant for an all night event but is more suitable for a weekend camp. If your girls select an Awake Over, be sure to end your event by noon the next day. They will be tired!

### Friday

- 6:00pm** Arrival, welcome and orientation  
Organize the sleeping area.
- 6:30** Activities - this will vary greatly depending on your program.
- 10:00** Snack
- 11:00** Lights out and quiet  
\*\*This is a good time to have a Guiders' meeting to prepare patrol Guiders for the day ahead.

### Saturday

- 7:30am** Wake up
- 8:00** Breakfast & Clean-up
- 9:00** Stations or activities
- 12:00pm** Lunch & Clean-up
- 1:30** Afternoon stations or activities
- 4:30** Free/Quiet Time
- 5:30** Dinner
- 6:30** Evening activities
- 9:30** Mug up & campfire
- 10:30pm** Lights out



**Sunday**

- 7:30am**      Wake Up 7 pack up
- 8:30**         Breakfast – make bag lunch, pack up, clean-up
- 9:30**         Activities
- 11:30**        Closing
- 12:00pm**    Lunch either on site or take with you

# PROGRAM WORKSHEET (ADD INFORMATION AS NEEDED)

## Friday

Time	Activity	Responsible Guider	Equipment Needed
6:00pm	Opening		
6:30	Activity		
	Activity:		

## Saturday

Time	Activity	Responsible Guider	Equipment Needed
7:00am	Pre Breakfast Activity/Craft		
8:00	Breakfast		
9:00–12:00	Stations		
	Snack		
12:00pm	Lunch		
1:30– 4:30	Stations		
	Snack		

<b>5:30</b>	Dinner		
<b>6:30</b>	Activities		
<b>9:30</b>	Mug up & Campfire		

**Sunday**

<b>Time</b>	<b>Activity</b>	<b>Responsible Guider</b>	<b>Equipment Needed</b>
<b>7:30am</b>	Pack up		
<b>8:30</b>	Breakfast & lunch pack up		
<b>9:30</b>	Activities		
<b>11:30</b>	Closing		
<b>12:00</b>	depart		

# KIT LIST

**Please make sure everything is marked with your name and packed in a backpack or duffel bag (no suitcases).**

## Bedroll

Sleeping Bag  
Blanket  
Pillow (stuffy optional)  
Thinsolate or thin foamy  
Ground Sheet (tarp – 6 x 8 or 9 x 12)  
Rope (15 – 20')



## Clothing

Warm Jacket  
Rain Gear/Snow Gear  
Toque & Gloves  
Hat (a must)  
Boots & Runners (extras a must)  
Pants  
T-shirts  
Sweatshirt  
Sweat Pants  
Underwear & Socks  
PJ's

## Toiletries

Towel, facecloth, soap, toothpaste, toothbrush, hair ties, brush

## Extras

Flashlight w/extra batteries  
Water Bottle (filled)  
Book for quiet time

\*\*\*Any required medication should be in their original containers, clearly labeled with your name and placed in a zip-lock bag with H3 to be handed to the Camp First Aider upon arrival.

## EVALUATION FORM

Please share with us what you liked about this Camp To Go, and any things that we could improve on for next time! Thanks for your input, and Happy Camping!

WHAT DID YOU LIKE BEST?

WHAT WORKED/DIDN'T WORK FOR YOU?

WHAT COULD WE IMPROVE ON FOR NEXT TIME?

COMMENTS

Please return to:  
BC Camping Committee  
107-252 Esplanade Ave W.  
North Vancouver, BC V7M 0E9

or email to:  
[bc-camping@girlguides.ca](mailto:bc-camping@girlguides.ca)

